**Health Final Exam 2013/2014 Outline for Studying**

**Outline:** The final exam will cover all content that we have learned and discussed for the course since my return on December 2nd. You are responsible for studying all information outlined below in order to properly prepare for the final exam.

**Test Format: The final exam will follow the format below:**

* Multiple Choice, Matching and Justifiable True/False
* Several short answer questions for each Unit

**Content Covered/What to Study:**

**Unit Four: Male and Female Reproduction**

Male Reproduction: Definitions for all parts of anatomy

Pathway of sperm from production to release--to fertilization of egg/implantation in uterus

Problems with Male Reproductive System: testicular torsion, undescended testicle, testicular cancer, circumcision, epididymitis, inguinal hernia, sterility, prostate cancer

Female Reproduction: Definitions for all parts of anatomy, location, function

Problems with Female Reproductive System: cervical cancer, polycystic ovarian syndrome, toxic shock syndrome, breast cancer, endometriosis, ectopic pregnancy, urinary tract infection

Menstrual Cycle: Phases, hormones involved

**Unit Five: Sexually Transmitted Infections, HIV and AIDS**

STI’s: Chlamydia, gonorrhea, HPV/genital warts, yeast infections, genital herpes, syphilis, pubic lice: disease causing pathogen (virus, bacteria, etc.), major symptoms, transmission, treatment, any specific problems (such as life long, can cause death, etc.)

HIV/AIDS: Stand for, transmission, fluids that can contain HIV, how its causes disease in body/cells targeted, how treated, who needs treatment, issues with treatment Difference between HIV and AIDS, Post Exposure Prophylaxis, HIV testing, drug resistance

Prevention of STD’s

STD Testing

**Unit Six : Birth Control**

Birth Control Methods: male and female condoms, diaphragm, nuva ring, birth control pill, orthoevra, emergency contraception, IUD, male and female sterilization, sponge and spermicide, implanon, mirena (IUS)

Know how each is used, how each works to prevent against pregnancy or STI’s

Double Dutching

**Optional Final Exam Review Assignment:**

Using the website www.quizlet .com, create a set of flashcards for any 50 terms that we have discussed this semester. Terms may come from the Reproduction, STI, or Birth Control Units.

**Submitting Your Flashcards for Extra Credit:**

Once you have completed your flashcards, please go to the wiki, click on the section for your class (Period 1). Click on the small box in the right hand corner of the screen (to the right of the word “Edit”), that has two small conversation icons in it.



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This will open a new window:

Click the “New Post” button, enter your name as the subject line

Post the link to your quizlet in the message section.

**You must be a member of the wiki to post on it…so please request membership before trying to add to the wiki.**

**Due: By Final Exam Day**

**Extra Credit = 5 Bonus Points on Final Exam**

**Final Exam Review Sheet Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**The assignment will count as a Unit Packet grade and will be checked on Friday 1/17,**

**and collected the day of the final exam!**

**Unit Four: Male and Female Reproduction**

**A. Cowpers Gland B. Prostate C. Epididymis D. Vas Deferens**

**E. Testicle F. Scrotum G. Sperm H. Seminiferous Tubules**

1.\_\_\_\_\_ Storehouse for sperm to mature after production

2.\_\_\_\_\_ Maintain temperature control of testicles

3.\_\_\_\_\_ Male sex cell

4.\_\_\_\_\_ Coiled tubes inside the testicles where sperm are produced

5.\_\_\_\_\_ Tubes that connect epididymis to urethra, provide passageway for semen

6.\_\_\_\_\_ Responsible for making sperm and testosterone, made up of many semineferous tubules

7.\_\_\_\_\_ Releases a pre-ejaculate with erection of the penis, contributes to seminal fluid

8.\_\_\_\_\_ Common site of cancer in men, may cause pain with urination due to proximity to bladder

**A Ovary B. Endometrium C. Hymen D. Fallopian tubes E. Fembria**

**F. Vagina G. Cervix H. Labia I. Clitoris**

9.\_\_\_\_\_ Inner lining of uterus, shed with menstruation 10.\_\_\_\_\_ Outer lips covering vaginal and urethral openings

11.\_\_\_\_\_ Responsible for releasing a follicle and allowing it to mature into an egg each month

12\_\_\_\_\_\_ Fingerlike projections that extend from fallopian tube over ovary

13.\_\_\_\_\_\_ Narrow t-shaped opening to uterus 14.\_\_\_\_\_\_ Thin membrane of tissue covering vaginal opening

15.\_\_\_\_\_\_ Female organ of intercourse 16.\_\_\_\_\_\_ Small external organ, no reproductive function

17.\_\_\_\_\_\_ Typical site of fertilization of egg

18-19. Discuss when a woman would need to get a pap smear AND what the test is generally looking for:

20-21. Identify what the main function of the scrotum is and identify 2 things that could disrupt its ability to do its job:

22-23. Why is the withdrawal method NOT an effective method of birth control? **(Be Specific)**

24-25. Discuss the two glands in a male that contribute to the semen, including what each adds to the sperm and how it aids in their journey.

26-27. Why shouldn’t douching products be used in the vagina?

**A. Infertility B. Inguinal Hernia C. Undescended Testicle**

**D. Epididymitis E. Testicular Cancer F. Circumcision**

28.\_\_\_\_\_ Having to few or poor swimming sperm leading to an inability to achieve pregnancy

29.\_\_\_\_\_ Inflammation of the site where sperm mature. 30.\_\_\_\_\_ Surgical removal of the foreskin.

31.\_\_\_\_\_ Twisting of the testicle on the spermatic cord potentially cutting off blood supply.

32.\_\_\_\_\_ Bulging of intestines through weak area in the abdominal wall.

33.\_\_\_\_\_ Abnormal division of cells in the testicle, common in men ages 15-34

**A. Toxic Shock Syndrome B. Ectopic Pregnancy C. Polycystic Ovarian Syndrome**

**D. Urinary Tract Infection E. Cervical Cancer F. Endometriosis**

34.\_\_\_\_\_ Bacterial infection of the urethra, bladder, ureters, or kidneys

35.\_\_\_\_\_ Pregnancy that occurs outside the uterus, typically in the fallopian tube

36.\_\_\_\_\_ Growth of staph bacteria in vaginal canal resulting in rash, dizziness and potentially

life threatening condition; usually due to tampon use

37.\_\_\_\_ Growth of endometrial tissue outside the lining of the uterus, very painful

38.\_\_\_\_ Detected with pap smear, usually onsets due to STI’s or early sexual intercourse.

39.\_\_\_\_ Increased amounts of male hormones/androgens, resulting in cysts growing on ovaries

40-44. List the pathway of a sperm from production to release---fertilization of an egg---implantation in uterus. Include ALL relevant terms.

**A. Follicular Stimulating Hormone B. Follicle C. Menstruation**

**D. Ovulation E. Luteinizing Hormone**

45\_\_\_\_\_\_\_\_\_\_\_\_ The release of an egg from the ovary

46.\_\_\_\_\_\_\_\_\_\_\_\_ The capsule that surrounds an egg while it is maturing in the ovary.

47.\_\_\_\_\_\_\_\_\_\_\_\_ The shedding of blood and nutrients from the lining of the uterus.

48.\_\_\_\_\_\_\_\_\_\_\_\_ Causes several eggs in the ovaries to begin to mature.

49.\_\_\_\_\_\_\_\_\_\_\_\_ Causes the egg to burst out of the follicle and travel into the fallopian tube.

**Please respond to each statement and indicate whether it is true or false, provide a justification!**

50. It is appropriate to leave a tampon in overnight.

51. There are days during the month when it is SAFE to have unprotected sex.

52. When a woman goes on a hormonal method of birth control, such as the pill, ring, or patch, she will STOP having her period, thus she cannot become pregnant.

**Unit 5: Sexually Transmitted Infections, HIV and AIDS**

**A. Herpes B. Syphilis C. Chlamydia D. Gonorrhea**

**E. Genital Warts F. HPV G. Pubic Lice H. Yeast Infection**

53.\_\_\_\_\_\_\_\_\_\_ A bacterial infection that often shows no symptoms in men or women

54.\_\_\_\_\_\_\_\_\_\_ A parasitic infection that can be transmitted by towels or clothes.

55.\_\_\_\_\_\_\_\_\_\_ A viral infection that generally has NO symptoms.

56.\_\_\_\_\_\_\_\_\_ Can be caused by specific strains of HPV

57.\_\_\_\_\_\_\_\_\_ A fungal infection that typically causes a cheesy discharge from vagina.

58.\_\_\_\_\_\_\_\_\_ A 3 phase bacterial infection

59.\_\_\_\_\_\_\_\_\_ Sometimes called the “clap;” bacterial infection that may cause burning

with urination and/or a discharge from the penis or vagina.

60. \_\_\_\_\_\_\_\_\_ A viral infection that cannot be cured.

**A. HIV B. AIDS C. Opportunistic D. T Helper/CD4 Cells E. Post Exposure Prophylaxis**

61.\_\_\_\_\_\_\_\_\_ An immune compromising disease

62.\_\_\_\_\_\_\_\_\_ Results when CD4 count is below 200

63.\_\_\_\_\_\_\_\_\_ An infection that takes advantage of a weakened immune system

64.\_\_\_\_\_\_\_\_\_ A series of medications that can prevent onset of HIV if taken within 72 hours of exposure

65.\_\_\_\_\_\_\_\_\_ White blood cells responsible for mounting an immune response.

66. What are four ways in which ALL STI’s can be prevented:

a. b.

c. d.

67. What four fluids in the human body CAN contain HIV?

a. b.

c. d.

68. What are 2 issues/concerns associated with the drugs used to treat HIV/AIDS?

69. Identify 3 categories of people who would need to go on HIV medications?

70. A T Helper Cell count of \_\_\_\_\_\_\_\_\_\_ would change a person’s diagnosis to AIDS.

71. Indicate 4 fluids in the body that CANNOT transmit HIV.

a. b. c. d.

72. What are two places in the Greater Portland area where you could get STD tested? AND who should get STD tested?

73. What are 3 common causes of yeast infections?

**Unit 6: Birth Control**

**A. Orthoevra B. Depoprovera C. The Pill D. Nuva Ring**

**E. Mirena F. Emergency Contraception G. Implanon**

74.\_\_\_\_\_ Hormonal method of birth control, lasts for 3 months

75.\_\_\_\_\_ Inserted into arm by physician, lasts for 3 years

76.\_\_\_\_\_ Must be taken within 120 hours of unprotected act of sex

77\_\_\_\_\_ Hormonal method taken on a daily basis, can cause cramping/weight gain

78\_\_\_\_\_ Small Y-shaped hormonal method, provides protection up to 5 years

79\_\_\_\_\_ Hormonal method, used 1 week at a time

80.\_\_\_\_\_Manually inserted into vaginal canal for 3 weeks at a time

81. What two effects do ALL hormonal methods of birth control have on a woman’s reproductive system to prevent pregnancy?

a.

b.

82. Method that can be re-used if properly cleaned and stored:

83. Inserted into female, provides STD and pregnancy protection:

84. Must be wet prior to insertion:

85. Foams, gels, or suppositories inserted into female, must wait 10 minutes to dissolve:

86. Used for protection against STD’s with oral sex with a woman:

87. How long must the diaphragm and sponge be left in the vagina for after sex AND why?

88. Identify five facts about correct use of the male condom:

a.

b.

c

d.

e.

**89. Circle all of the contraceptive methods that would protect against STI's.**

Male condom Diaphragm Birth Control Pill Sponge Nuva Ring IUD/Mirena

Calendar Method Spermicide Orthoevra Withdrawal Female Condom Implanon

90. What are 4 reasons that a woman would take the morning after pill?

a.

b.

c.

d.

91. What is the MAIN purpose of the placebo or “sugar” pills in a 28 day birth control pack?

92. What **hormonal methods of** birth control could a woman consider if she didn't think she could remember to take a pill everyday? (list 4)

a. b. c. d

93. What are the laws associated with obtaining the morning after pill or Plan B?

94.-97 Discuss how long each method below provides pregnancy protection for: (or how often you have to change it):

Orthoevra: NuvaRing:

The Pill: Implanon:

Depoprovera: Mirena:

98. What should a woman do if her nuva ring “falls out?”

99. Why isn’t a patch worn during the 4th week of the month?

100. What are two methods of birth control teens should NEVER use, and why: (don’t write vasectomy or tubal ligation)